What is claimed is:

- 1. A thermostat system comprising:
 - a first circuit for providing a modulated variable output for controlling at least one valve or damper in an air management system; and
 - a second circuit for providing a discrete on/off output for controlling at least one valve or damper in an air management system.
- 2. The system of claim 1, wherein an air management system is for controlling a temperature of air being managed.
- 3. The system of claim 2, wherein the system further comprises a third circuit for setting a temperature for air being managed.
- 4. The system of claim 3, wherein the third circuit is further for setting the time period for the temperature for the air being managed.
- 5. The system of claim 4, wherein the third circuit may be programmed for setting a plurality of temperatures for a plurality of time periods.

- 6. The system of claim 5, further comprising a fourth circuit for setting a humidity level for the air being managed.
- 7. The system of claim 6, further comprising a user interface connected to the first, second, third and fourth circuits.
- 8. The system of claim 7, wherein the user interface is a personal digital assistant.
- 9. A thermostat system comprising:
 - a first means for providing a modulated output; and a second means for providing a non-modulated output; and
 - wherein each output is connected to a temperature control mechanism.
- 10. The system of claim 9, further comprising a means for setting temperatures connected to the first and second means.

- 11. The system of claim 10, wherein the means for setting temperatures is a personal digital assistant.
- 12. The system of claim 10, wherein each output is connected to a humidity control mechanism.
- 13. The system of claim 12, further comprising a first means for setting a humidity level connected to the first means for providing a modulated output.
- 14. They system of claim 13, further comprising a second means for setting a humidity level connected to the second means for providing a non-modulated output.
- 15. The system of clam 14, further comprising a personal digital assistant connectable to the means for setting temperatures, and the first and second means for setting a humidity level.
- 16. The system of claim 15, wherein the thermostat system is programmable relative to the means for setting temperatures and the first and second means for setting a humidity level.

- 17. The system of claim 16, wherein the thermostat system is programmable in time periods relative to the means for setting temperatures and the first and second means for setting a humidity level.
- 18. The system of claim 17, wherein the thermostat system is programmable with the personal digital assistant.
- 19. The system of claim 18, wherein the personal digital assistant is connectable via an infrared connection to the thermostat system.
- 20. A thermostat comprising:
 - a processor;
 - a temperature setting interface connectable to the processor;
 - a digital buffer connected to the processor;
 - a digital-to-analog converter connected to the
 processor;

wherein:

an output of the digital buffer is a non-modulated signal; and

- an output of the digital-to-analog converter is a modulated signal.
- 21. The thermostat of claim 20, wherein the temperature setting interface is connectable by infrared light to the processor.
- 22. The thermostat of claim 21, wherein the temperature setting interface is a personal digital assistant.
- 23. The thermostat of claim 22, wherein: the output of the digital-to-analog converter is connectable to a heating, ventilation and air conditioning system (HVAC); and the output of the digital buffer is connectable to an HVAC.
- 24. The thermostat of claim 23, further comprising: an analog-to-digital converter connected to the processor; and
 - at least one temperature sensor connected to the analog-to-digital converter.

- 25. The thermostat of claim 24, wherein the processor is programmable for setting certain temperatures during certain time periods.
- 26. The thermostat of claim 25, further comprising at least one humidity sensor connected to the analog-to-digital converter.
- 27. A thermostat system comprising:
 - a network communications bus;
 - a plurality of thermostats connected to the network communications bus;
 - a sequencer connected to the network communications bus; and
- at least one sensor connected to the sequencer; wherein:
 - at least one thermostat of the plurality of
 thermostats is connected to a heating,
 ventilation and air conditioning system (HVAC);
 and
 - the sequencer provides information to at least one thermostat.

- 28. The thermostat system of claim 27, wherein at least one thermostat provides information to the sequencer.
- 29. The thermostat system of claim 28, further comprising a user interface connected to the sequencer.
- 30. The thermostat system of claim 28, further comprising a personal digital assistant connectable to the sequencer.
- 31. The thermostat system of claim 29, further comprising a PDA connectable to the user interface.
- 32. The thermostat system of claim 27, wherein the sequencer sequences the operation of the plurality of thermostats.